

Ancient Grains Pilaf

Vegetarian, Vegan, Avoiding Milk, Contains Soy

Ingredients

1 cup farro, dry
½ cup quinoa, dry
½ cup bulgur, dry
½ cup pearly barley, dry
½ cup wild rice, dry
3 sweet bell peppers, diced small
1 small red onion, finely diced
3 garlic cloves, minced
3 tbsp olive oil
½ cup chopped parsley
¼ cup chopped dill
2 tbsp chopped chives
Zest and juice of 1 lemon
2 tbsp olive oil
Salt & pepper to taste

Directions

1. Cook grains separately (important for texture)
Farro: Simmer for 25–30 minutes until tender.
Barley: Simmer for 30–35 minutes.
Wild rice: Simmer for 40–45 minutes until split.
Quinoa: 1:2 ratio of water, simmer for 15 minutes.
Bulgur: Pour boiling water over (1:1.5 ratio), cover for 15 minutes until tender.
2. Drain and cool slightly.
3. Sauté vegetables
Heat olive oil.
Cook onion for 3–4 minutes.
Add garlic for 30 seconds.
Add peppers, sauté for 5 minutes until just tender.
Season to taste.
4. Combine
Fold all grains together.
Fold in vegetables.
Add lemon zest, juice and olive oil.
Finish with herbs.
Adjust salt.
5. Serve warm or room temp.